

What is the relationship between the intake of soy protein and body weight? (DGAC 2010)

Conclusion


A moderate body of consistent evidence finds no unique benefit of soy protein intake on body weight.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between the intake of soy protein and body weight?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Vegetable protein: What is the relationship between the intake of vegetable protein and/or soy protein and selected health outcomes?](#)